



ANDES, COFFEE & CARIBBEAN, (JTL)

Cartagena to Lima 38 Days, departing 13th November 2022



TRIP OVERVIEW

Trip Style: Overlanding
Route: Cartagena to Lima
Duration: 38 Days
Transport: Overland Expedition Vehicle, Jeep, Boat
Accommodation: Comfortable Hotel 7 nights
 Hammocks 2 nights
 Basic Hotel 6 nights
 Multishare Hostel 11 nights
 Camping 9 nights
 Guesthouse 2 nights
Meals: Breakfasts x 27, Lunches x 15, Dinners x 14

Physical Challenge: ● ● ○ ○ ○

Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

Lifestyle Challenge: ● ● ● ○ ○

This trip has a bit of everything. Some areas that you travel through may be physically challenging; for example you may be at altitude some of the time and you may be camping for several nights. The pace of the trip can be tiring at times and some facilities will be basic. However there will also be plenty of time to relax and some comfortable accommodation.



DAILY ITINERARY

Day 1 - Cartagena (13th November 2022)

Border Information: if joining in Cartagena, you will most likely enter Colombia at Cartagena Rafael Núñez International Airport (IATA code: CTG).

There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Cartagena before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Cartagena.

If you are continuing on from Panama, then your leader will have assisted you with airport transfers for your included flight to arrive in time for the joining meeting.

Accommodation: Hotel Villa Colonial "A"

Day 2 - Cartagena (14th November 2022)

Meals: Breakfast

Today we will have a full day in the beautiful coastal colonial city of Cartagena.

In the morning we will have an included walking tour of the city, and then the afternoon will be free to explore the city further, enjoy the many optional activities on offer, or simply relax on the beach.

Daily Activities

Included Activities

Explore Cartagena on a guided walking tour

Included

Optional Activities

Discover the brutal history of the Spanish Inquisition at their former headquarters in Cartagena the Palace of the Inquisition

Entrance: 15,000 COP

Guide: 10,000 COP

Days diving or snorkelling trip out to Islas del Rosario, Cartagena

Boat trip (speed boat): 70,000 COP

Learn all about Cartagena's naval tradition and history at the Naval Museum of the Caribbean

Entrance: 15,000 COP

Day 3 - Tayrona NP (15th November 2022)

Today we have a short drive to the stunning Tayrona National Park.

In Tayrona we will sleep in Hammocks, no food is provided, but there are restaurants and cafes nearby by. There is an hour walk from where we park our truck to our campsite.

Day 4 - Tayrona NP (16th November 2022)

Today we have an included walk in the National Park.

Daily Activities

Included Activities

Explore some of Tayrona National Park's scenic walking trails including a hike to the mysterious ancient ruins of Pueblito hidden in the jungles high above the coastline

Included

Day 5 - Lorica (17th November 2022)

This morning we will walk back to our truck and leave Tayrona National park. We will head south for the pretty colonial town of Santa Cruz de Lorica on the Sinu River.

We will have a free day to relax and discover the historic centre, learn about the traditional Vueltiao hat or head to the coast and soak up the sun in San Bernardo del Viento.

Day 6 - Lorica (18th November 2022)

We will have a free day to relax and discover the historic centre, learn about the traditional Vueltiao hat or head to the coast and soak up the sun in San Bernardo del Viento.

Day 7 - Medellin (19th November 2022)

Today we have a full days drive to vibrant city of Medellin. the following morning we will have a guided walking tour of the city. We then have plenty of time to relax or take part in some of activities available here.

Day 8 - Medellin (20th November 2022)

Meals: Breakfast

This morning we have an included half-day city tour of Medellin using our overlanding truck.

Daily Activities

Included Activities

Head out on a fascinating guided tour of Medellin and learn all about it's tumultuous past

Included

Optional Activities

Take the pioneering Metroline cable car up to Santo Domingo to see a very different area of the city and the revitalising effect the Metroline has had on the communities there

Cable car ride: 1,750 COP

Visit the colossal Catedral Metropolitana in the city centre built using over a million bricks between 1875 and 1931

Entrance: Free

Head out and discover some of Medellín's vibrant and unusual nightlife at the Dulce Jesus Mio club

Entrance: 10,000 COP

Day 9 - Medellin (21st November 2022)

Meals: Breakfast

Free day to explore Medellin.

Day 10 - Manizales (22nd November 2022)

Meals: Breakfast, Lunch, Dinner

Today we will head into the heart of the coffee region to stay at a Hacienda near the town of Manizales.

Day 11 - Salento (23rd November 2022)

Meals: Breakfast, Lunch

Today we will continue our journey south to the small town of Salento, the gateway to the spectacular Valle de Cocora.

Salento will be our base to take a guided trek through the Cocora Valley to see the Quindio wax palm trees, the largest palms in the world and the national tree of Colombia and also to do a coffee plantation tour.

Day 12 - Salento (24th November 2022)

Meals: Breakfast

Today we will take a guided trek through the Cocora Valley to see the Quindio wax palm trees, the largest palms in the world and the national tree of Colombia.

Daily Activities

Included Activities

Head out on a half-day guided trek through the spectacular Cocora Valley and see the incredible 50m-tall Quindio wax palms the tallest palm trees in the world!

Included

Day 13 - Salento (25th November 2022)

Meals: Breakfast

Today we have time to explore the coffee plantation and learn about coffee.

Daily Activities

Included Activities

Learn about Colombia Coffee and wander the plantation

Included

Day 14 - Popayan (26th November 2022)

Meals: Breakfast

Today we will drive to the beautiful town and former colonial capital of Popayán.

On the following day we will have a free day to explore Popayán or take part in some excellent treks or other optional activities in the surrounding area.

Day 15 - Popayan (27th November 2022)

Meals: Breakfast

Today we will have a free day to explore Popayán or take part in some excellent treks or other optional activities in the surrounding area.

Daily Activities

Optional Activities

Relax in the volcanic thermal springs near the village of Coconuco dramatically set in a steep-sided valley

Thermal springs trip: 60,000 COP

Trek to the 4650m summit of the towering Puracé volcano near Popayán

Hike: 130,000 COP

Day 16 - Ipiales (28th November 2022)

Meals: Breakfast

Today we will have a full day drive to the border town of Ipiales.

Day 17 - Otavalo (29th November 2022)

Meals: Breakfast, Lunch, Dinner

We will leave Colombia behind today and cross the border into Ecuador, we will have time for an included visit to the beautiful Santuario de las Lajas, before heading to Otavalo.

Border information: Exit Colombia at Ipiales, enter Ecuador at Ipiales.

Daily Activities

Included Activities

Visit the jaw dropping Santuario Las Lajas on the outskirts of Ipiales

Included

Day 18 - Quito (30th November 2022)

Meals: Breakfast

We will head south for the final leg of our journey to the bustling capital, Quito. En route into the city we will have an included visit to Mitad del Mundo, the monument that marks the Equator.

Daily Activities

Included Activities

Visit the equator at Mitad del Mundo

Included

Day 19 - Quito (1st December 2022)

Border Information: if joining in Quito, you will most likely enter Ecuador at Quito Mariscal Sucre International Airport (IATA code: UIO).

There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Quito before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Quito.

A note on altitude: If you are joining in Quito, we strongly recommend arriving at least 24 hours before the trip begins to allow additional time to acclimatise.

Daily Activities

Optional Activities

Take a walk around Quito's incredible Botanical Gardens, which showcases all of Ecuador's various ecosystems and their flora

Entrance: 4 USD

Visit the Museo Mindalae, the extremely original project showcasing Ecuador's rich cultural diversity

Entrance: 3 USD

Visit the Museo Nacional del Banco Central showcasing the countrys largest collection of Ecuadorian art and housing an impressive gold collection

Entrance: 2 USD

Day 20 - Ecuadorian Amazon (2nd December 2022)

Meals: Breakfast, Lunch, Dinner

Today our journey begins with a drive to a village on the edge of the Amazon basin, near the town of Tena, where we head to our lodge for an incredible 3-night stay.

Our lodge is a great example of eco-tourism, built and run by the local community and volunteers, who work to re-forest the reserve land at the lodge with native trees and medicinal plants. The lodge is set in secondary and primary rainforest, an area at risk of deforestation.

Daily Activities

Included Activities

Spend 3 nights at our fantastic Ecuadorian ecolodge taking in many activities such as boat trips on the Napo River visits to local communities and treks through the jungle to some spectacular waterfalls and bat caves!

Included

Day 21 - Ecuadorian Amazon (3rd December 2022)

Meals: Breakfast, Lunch, Dinner

Over the next two days we will head into the Amazon jungle, enjoying rainforest treks exploring the nearby waterfalls and caves, and trips down the Napo River in motorised dugout canoes, hopefully spotting plenty of wildlife on the way. We will also see some ancient fossils and petroglyphs, and visit a local Quichua community.

Day 22 - Ecuadorian Amazon (4th December 2022)

Meals: Breakfast, Lunch, Dinner

Second full day in the rainforest.

Day 23 - Rio Verde (5th December 2022)

Meals: Breakfast, Lunch, Dinner

Today we will drive through the highlands of Ecuador, arriving in Rio Verde near the famous Tungurahua volcano.

Day 24 - Rio Verde (6th December 2022)

Meals: Breakfast, Lunch, Dinner

We will have two full days of free time to take part in a range of optional activities in Rio Verde, such as white-water rafting, trekking, canyoning, cycling, and other options. We will also have the opportunity to visit the nearby town of Baños and its popular volcanic thermal springs.

Daily Activities

Optional Activities

Head out for an exhilarating half-day canyoning trip through the gorges near Baños

Canyoning (half day): 25 USD

Take out some quad bikes on a tour around the winding trails near Baños

Quad biking: 36 USD

Go on an adrenaline-fuelled half-day rafting expedition on the Rio Pastaza near Banos one of the best rafting experiences in South America

Half day rafting: 25 USD

Go out on a half day rock climbing trip to the walls of natural lava rock just outside Banos

Half day rock climbing: 30 USD

Explore the stunning gorges forests and landscapes of the Baños area by foot

Machay waterfall entrance or Pailon del Diablo entrance: 2 USD

Take the famous zip-lining course through the Puntzan Canyon near Baños

Zip line: 25 USD

Spend some time soaking in the hot springs

Entrance: 3 USD

Day 25 - Rio Verde (7th December 2022)

Meals: Breakfast, Lunch, Dinner

Second free day for optional activities.

Day 26 - Chugchilán (8th December 2022)

Meals: Breakfast, Lunch, Dinner

Today we will drive to the remote village of Chugchilán, via the spectacular highland scenery along the road of the 'Quilotoa Loop'.

Day 27 - Chugchilán (9th December 2022)

Meals: Breakfast, Lunch, Dinner

Today is a free day to enjoy optional activities such as mountain biking or horseback riding.

Day 28 - Cuenca (10th December 2022)

Meals: Breakfast

Today we will drive along the remainder of the Quilotoa Loop and then head south to the beautiful colonial town of Cuenca. We will pass through the stunning landscape of the Cajas National Park en route.

Day 29 - Cuenca (11th December 2022)

Meals: Breakfast

Today we will have a free day to explore the colonial city of Cuenca. The town is the birthplace of the famous Panama Hat, and we will have the opportunity today to visit one of the factories to learn about the manufacturing process.

Daily Activities

Optional Activities

Visit some of the volcanic thermal baths near to the colonial town of Cuenca

Entrance: 20 USD

Take a day trip out of Cuenca to visit the site of the Ingapirca ruins the largest known Inca ruins in Ecuador

Day trip: 25 USD

Visit the Museo Pumapungo in Cuenca featuring an impressive range of artistic historical cultural and ethnological exhibits and most famously housing a collection of shrunken heads from the Shuar civilisation

Entrance: Free

Visit one of the many factories that produce the ever-stylish Panama Hats Cuenca's most famous export!

Entrance: Free

Day 30 - Punta Sal (12th December 2022)

Meals: Breakfast, Lunch, Dinner

Border information: Exit Ecuador at Huaquillas, enter Peru at Tumbes.

Today we will have a long drive day south, crossing the border into northern Peru.

Day 31 - Punta Sal (13th December 2022)

Meals: Breakfast, Lunch, Dinner

Today we have a full day to relax on the beach and enjoy some activities in and around the stunning coastal area of Punta Sal.

Daily Activities

Optional Activities

Try your hand at surfing in the ideal waters of the Pacific Ocean near Punta Sal or Mancora

Surfing: 20 USD

Explore the coastlines of Punta Sal by foot or head out trekking through the nearby hills and farms of Canoas

Trekking: 10 USD

Day 32 - Huanchaco (14th December 2022)

Meals: Breakfast, Lunch, Dinner

Today we will have a full day's drive to Huanchaco, near the city of Trujillo.

Day 33 - Huanchaco (15th December 2022)

Meals: Breakfast, Lunch, Dinner

Today we will have an included guided trip to explore the enormous adobe ruins of Chan Chan and the world-famous Moche archaeological site of Huaca de la Luna (Pyramid of the Moon).

Daily Activities

Included Activities

Guided tour of Moche Pyramids and the Chimu city of Chan Chan

Included

Optional Activities

Visit the fascinating Cassinelli Museum in Trujillo, a private collection of many exquisite examples of ancient pottery

Entrance: 15 PEN

Day 34 - Huaraz (16th December 2022)

Meals: Breakfast

Today we will have a spectacular drive up the winding roads of the 'Casma Route' into the Cordillera Blanca section of the high Andes, reaching the mountain town of Huaraz.

Day 35 - Huaraz (17th December 2022)

We have two days in the spectacular area of the Cordillera Blanca for exploration and optional activities such as visiting the incredible pre-Inca ruins of Chavín de Huantar or trekking and climbing to the nearby lakes and glaciers.

Daily Activities

Optional Activities

Go canyoning in the waterfalls and gorges of the Huaraz region

Canyoning: 90 PEN

Explore the incredible ancient ruins of Chavín de Huantar the religious centre for the Chavín culture which flourished in the area from 1200BCE-500BCE

Tour, guide and entrance: 45 USD

Take a horse riding trip from Huaraz to the incredible viewpoints of the Cordillera Blanca

Horse riding: 27 USD

Trek out to the phenomenal turquoise glacier lake of Laguna 69 in the shadow of Huascarán Peru's highest mountain

Trekking: 45 USD

Learn all about the area's incredible pre-Inca civilisations at the Museo Regional de Ancash

Entrance: 15 PEN

Day 36 - Huaraz (18th December 2022)

Enjoy a second free day in Huaraz

Day 37 - Lima (19th December 2022)

Today we will have another full day's drive back to the coast via the 'Paramonga Route' and then on to the enormous Peruvian capital of Lima.

Day 38 - Lima (20th December 2022)

Border information: if you are finishing in Lima, you will most likely exit Peru at Lima Jorge Chávez International Airport (IATA code: LIM).

Today is the end day for passengers finishing their trip in Lima. Please note there is no accommodation included on the trip tonight - please contact your sales agent if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

Accommodation:

Daily Activities

Optional Activities

Take a ceviche and pisco sour class at one of the top restaurants in Miraflores a lively district of Lima

Ceviche class: 40 USD

Explore the bohemian areas of Barranco and Miraflores on a cycling tour of Lima

Cycle tour: 50 USD

Visit the beautiful Baroque cathedral of San Francisco in Lima's historical centre and explore the morbidly fascinating catacombs underneath

Entrance: 15 PEN

See the incredible 'Magic Water Circuit' in Lima's Parque de la Reserva an astounding evening display of water music light images and laser effects across 13 huge water fountains

Entrance: 4 PEN

ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

Out of hours Number: +44 (0) 7985 106564

A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, or carrying weapons may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

ISSUES ON THE TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on customer-relations@dragoman.co.uk.

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

IMPORTANT NOTES

OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out! For more details of how an overlanding trip works, please see the Essential Information document.

SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, if you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

ALTITUDE WARNING

Warning - this trip goes above 2800m.

Please note that this trip spends time above 2800 metres/9200 feet where it is possible for travellers to experience some adverse effects on your health due to the altitude, potentially including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). Because of this it is very important that you make yourself aware of the cause and effects of travelling at altitude and monitor your health during this trip.

For further information please [download our AMS information sheet](#) or refer to the following website: www.high-altitude-medicine.com. If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival. Your leader will also hand you a copy of the AMS information sheet during your trip as well as holding a short meeting prior to travelling to altitudes above 2800m/9200ft for the first time.

Some travel insurance companies will stipulate a maximum altitude limit. Please ensure that you are covered and if necessary pay the additional premium of extended cover.

COLOMBIA NOTES

ECUADOR NOTES

PERU NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 19th April 2021**